

Media Kit

2023

A portrait of Ian Wahlert, a man with short brown hair and a beard, wearing a dark blue blazer over a white button-down shirt. He is smiling slightly and looking directly at the camera. The background is a bright, out-of-focus outdoor setting.

IAN WAHLERT

Adult ADHD Coach and Consultant

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ABOUT IAN

“My coaching focuses on building clients’ skills and mindsets to embrace their uniqueness and overcome their life challenges with ADHD. I help clients with procrastination, time management, motivation, self-confidence, and self-awareness while empowering their natural **curiosity, confidence, and personal fulfillment.**”

Ian also works with organizations on recruiting and managing ADHD employees. He holds a BS in Psychology and an MA in Project Leadership. He is a graduate of ADDCA (ADD Coaching Academy).

Serving **Encinitas, Carlsbad**, and the world (virtually)



VIDEO CASE STUDY

Get insights from client Danny King

“Ian is such an incredible coach, who creates a very comfortable, empathetic, encouraging and positive space to talk about anything I’ve been finding challenging. I’ve had 4 sessions and have learned to understand my ADHD and feel acceptance in a way I didn’t know I could”...

Gabriella B | Singer/Songwriter

TESTIMONIALS

“Ian’s insight, knowledge and practical steps to wrangle my ADHD made a world of difference to me. Highly recommended!”

Charles C.
Entrepreneur and Artist

“Great experience! It made a lot of things clear and helped me navigate areas that were previously difficult for me. Ian has awesome perspectives, he made me feel good and empowered about everything I was doing and wanted to do. Thanks for the amazing insight.”

Willian K | Digital Art Student

1:1 COACHING

Offered face-to-face or virtually. Ian is an accountability partner who helps you meet your goals of greater self-care and managing work and family challenges.

Book a discovery call to find out how coaching with Ian can help you build momentum toward your goals as an adult with ADHD



[Book a Discovery Call](#)



CORPORATE TRAINING

Ian Wahlert has 5 years of experience in corporate training and 4 years as an ADHD coach. He has been involved in the training organized by big companies such as Flexigroup, Westpac, IAG, and Westfield. He is also accredited for Coaching from ADDCA, and is well equipped to help you and your team through his signature program “Thrive as YOU - ADHD and Neurodiversity in the Office”

Reach out for a case study on how Corporate Training can help your teams work effectively with less friction and more productivity.

[Get in Touch](#)

SPECIAL PROJECTS

Ian was a podcast partner with the late John Biethan on *"Unleash Your ADHD"* where they spoke 1:1 about the adventures of being an adult with ADHD.

Recently he created his own podcast called *"ADHD in the Wild"*.

This podcast explores the real-life experiences, challenges, and triumphs of adults with ADHD– extraordinary individuals exploring the wild terrain of ADHD with courage and curiosity.

If you're interested in being a guest on the podcast or having Ian on your podcast to help and support others with ADHD, reach out via email at: info@adhdcoaching.life



Are you experiencing symptoms of ADHD, or do you know someone who is? Procrastination and overwhelm can make your days seem so hard, and you may be curious about help beyond medication.

What next?

Ian can help you build momentum, work on emotional regulation, and THRIVE so you can cultivate personal and professional success.

[Book a no-pressure discovery call today!](#)